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August 2019



Last month at 4 Korner's





Intergenerational Yoga!

Nel's Yoga Group has been a staple in the 4 Korners Family Resource Center's activity collection for several years. When Lindsay Parr, the program teacher at PANDA BLSO's Reading Detectives, came to us with the idea to do an intergenerational activity it represented a great opportunity to bring children and seniors together to participate in a fun activity.

So, on July 26th, the Reading Detectives came to our Activity Center to experience the chair yoga activity in which Nel's Yoga Group had become experts. The day started with a guided mindfulness activity familiar to the Reading Detectives, where the central idea was being grateful. The children and seniors were encouraged to close their eyes and think about someone or something they are grateful for and to focus on that person or object. Once they finished the mindfulness activity, the group transitioned into the chair yoga activity. Since the class is guided by a DVD, the seniors have become very familiar with what to do and were able to demonstrate for the children when they needed help with the poses. Once the class was done, both groups sat around the table where the children and the seniors introduced themselves and told the group their favorite food, which was a nice way to get to know each other! There were interesting answers across the board from Sushi to

Upcoming Activities in Argenteuil



Monday's at Open Circle

A weekly opportunity for seniors to get together, socialize, learn and share a nice meal from 10:30 a.m. to 3 p.m. at St. Mungo's United Church. 661, route des Outaouais, Brownsburg-Chatham. Transportation is available!

Tai-chi every Monday

starting August 12, 10:30 a.m. followed by...

Painting with Carol Lyng

Monday, August 19, 1 p.m.

Wills & Related Documents

Monday, August 26, 1 p.m.

For more information or to book transportation contact Melanie Wilson 1-888-974-3940, melanie@4kornerscenter.org

Upcoming Activities in Deux-Montagnes



Workshop - Understanding Parental Rights & Obligations within the Quebec Education System

Learn about parental involvement from school to board level, as well as the policies and procedures when advocating for your child.

Tuesday, August 27, 7:00 p.m. to 8:30 p.m. 1650, chemin d'Oka



Exercises focus on improving balance and strength.
 Register now! Program to start in the Fall
 Tuesdays & Thursdays
 1650, chemin d'Oka



Nel's Yoga

Chair yoga adapted to every level
 Mondays and Fridays, 10 a.m. to 11 a.m.
 1650, ch. d'Oka.



One-on-One Support & Referrals

Our Individual and Family Support Specialist is
 available to assist you.
 1650, chemin d'Oka

For more information or to register for an activity in Deux-Montagnes please
 contact 450-974-3940 or info@4kornerscenter.org

Upcoming Activities in Rosemère



Keep an eye open for new activities in September.
 Enjoy the summer!

Upcoming Activities in Upper Laurentians

**Do you live in the Mont Tremblant area and want to know what is
 happening in the English-speaking community?**

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:
info@4kornerscenter.org

Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to access their website!

TELJEUNES
www.teljeunes.com
1 800 263-2266



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Our Mission

In a spirit of respect, support and empowerment, the 4 Korners Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

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